

# For Your Child's Viral Illness

**Child's Name:** \_\_\_\_\_

## Child's Illness:



- ☐ Cold or Flu
- ☐ Cough
- ☐ Bronchitis (chest cold)
- ☐ Other: \_\_\_\_\_
- ☐ Middle ear fluid
- ☐ Viral sore throat

## Information:



- Your child has a viral illness
- Antibiotics **DO NOT** cure viral illness and can be harmful if taken when not needed
- Most viral illnesses last for 1-2 weeks and will get better on their own

## What can be done at home:



- Allow more sleep/ naps/ time at home
- Give extra fluids, water or juice
- Offer popsicles or sherbet for a sore throat
- Keep your child away from cigarette smoke
- Wash hands often to prevent the spread of illness

## Medication:



- ☐ Saline nose drops for a stuffy nose
- ☐ Acetaminophen or ibuprofen for pain or fever
- ☐ Cough medicine or lozenges
- ☐ Other: \_\_\_\_\_

## Call us if:



- Fever persists for more than \_\_\_\_\_ days
- Breathing becomes fast, loud or difficult
- Child is very irritable or drowsy
- Illness is getting worse
- Child is not better in \_\_\_\_\_ days
- Other: \_\_\_\_\_

